

ABSTRACT OF THE DISCLOSURE

An edible fat/oil composition containing a plant sterol, which permits suppressing the deposition of the plant sterol during, for example, the storage and which produces the effect of, for example, inhibiting the absorption of cholesterol, contains an edible fat/oil, linolenic acid in an amount of 1 mass % or more, a plant sterol in an amount of 1 mass % to 10 mass %, tocopherol in an amount of 0.01 mass % to 1 mass %, and a lipophilic emulsifying agent in an amount of 0.005 mass % to 10 mass %.